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UNITED STATES DEPARTMENT OF AGRICULTURE
Food Distribution Administration

511-513 U. S. Court House
phone 2-1365

Fort Worth, Texas
March 4, 1943.

Fort Worth, March 4 -(USDA)-



Its here, Point rationing. Now the question uppermost in everyones mind is how to "stretch a point", or rather "how to make points go farther". But along with point rationing comes the time of year to plant that Victory Garden. So, here are a couple of hints that may help you "stretch those points". Take advantage of the fresh fruits and vegetables offered for sale in your local markets and stores. Plant a Victory Garden. Don't plant too large a garden but plant one large enough to feed the family during the vegetable growing season with enough left over to can and store some for those cold winter days that will follow, and, be sure to can it. Remember those good old school days when you put forth every effort to make points for your team? Well right now is the time to put forth every effort to make "points" for the best team in the world, the United States of America, and to secure some more of those good old days to follow the war.

Those suggestions come from Paul R. LeGer, Federal Food Reporter in Fort Worth and along with it Mr. LeGer offers a few suggestions of "best buys" in fruits and vegetables for this week. He says we are still unable to get away from those carrots and grapefruit as a best buy but this week along with them comes Spinach, that food fit for a king. Spinach contains vitamins A, B and C, furnishes calcium and iron. Fine quality and low priced. Other good buys this week are beets, cabbage, rutabagas, dry onions and green onions. For fruit, besides grapefruit, there are oranges, tangerines and apples, although the latter is not exactly a low priced item. With all our troubles we still have plenty to eat. Maybe we are having "good old days" right now but just fail to realize it.

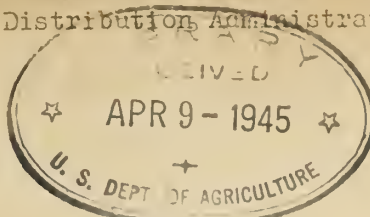
To most of us peanuts are just the occasional paper bag full of something to "munch" in the picture show or at the ball game. But peanuts should be an important item in our diet and it no doubt soon will be. These little nuts contain a good supply of the three B vitamins....thiamin, riboflavin and niacin.. necessary to vitality and general good health. Also a source of phosphorous, iron and calcium. Since we have a shortage of butter, why not use more peanut butter as a spread. Texas is a large peanut producing state and will become larger. Uncle Sam has asked farmers to grow over one and one-half million more acres than last year. This will mean a harvest of about 133 million bushels, an average of more than a bushel for each man, woman and child in the United States. That is a lot of peanuts ---- let's eat them.

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Fort Worth --(USDA)--



Fort Worth, Texas
March 11, 1945

According to Paul R. LeGer, Federal Food Reporter for the U. S. Dep't. of Agriculture, the fruit and vegetable situation takes on just a little different picture this week than that to which we have been accustomed. No one is going to go hungry but several items are getting just a trifle scarce and will perhaps be a little difficult to get for the next few weeks or until the Rio Grande Valley and Louisiana can get started on their new Spring crops. This is the usual time of the year for our supply of fruit and vegetables to become lighter but this year the freeze in Florida cut rather sharply into the regular supply.

However, Mr. LeGer tells us, the Government has released about one-half of the Idaho Potatoes for Civilian use and we will now be able to get them whereas they had been missing the past week or so. The country has a fair supply of potatoes and the new crop will soon be moving in sufficient quantities to take care of all needs. There are plenty of apples in storage in the Northwest. Onions are rather scarce. Plenty of Citrus fruits. Some vegetables are not too plentiful right now but all in all the prices of most commodities are not out of reason, taking everything into consideration, but some are a shade higher than last week. Texas Oranges perhaps leading the list in this regards.

It is rather difficult to pick out a "best buy" although there are some that are good buys. Carrots, grapefruit, spinach and cabbage are good buys. Bunched turnips are high but bulk turnips are reasonable. Rutabagas are in the semi low class price field. It will probably be a few weeks before any real news develops in the fruit and vegetable line so in the mean time we better plant that Victory Garden and get it started growing.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Food Distribution Administration

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U. S. DEPT. OF AGRICULTURE

511-513 U. S. Court House
Phone 2-1365

Fort Worth, Texas
March 18, 1943

Fort Worth -(USDA)-

Your best buy, in fact the outstanding buy of the week, according to Paul R. LeGer, Federal Food Reporter who visits the market every day, is carrots, both bunched and those with tops removed. They are very reasonable and perhaps stand alone in the really low priced field. The quality is unusually good and being a commodity that can be eaten either cooked or raw, in salads and fixed in so many different ways makes it even a better buy. If it is color you want, carrots have it. If it is Vitamins you are looking for, carrots have them too, and in abundance.

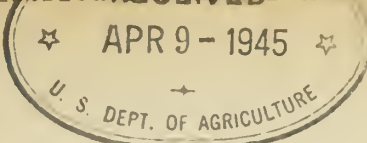
Most commodities are not too plentiful right now and some are even scarce and hard to get. Prices on most commodities have advanced and in a few cases are too high. There are a good many items that are fairly reasonably priced. However Mr. LeGer says he looks for most prices to decline in a few weeks or as soon as the districts of Mississippi, Louisiana and South Texas start shipping their new spring crops. And it won't be too long before we will have a few home grown vegetables to help supply the demand.

The Idaho Russett Potato made an appearance on the local markets after an absence of a couple of weeks and even though we may not be able to purchase all the Russetts we want there are other varieties, both red and white, from Nebraska and Wyoming, fine quality and not out of line in price. Minnesota and North Dakota as well as a few other states also help with the supply of Irish Potatoes. There is not an abundance of them but they can always be found on the market and in the stores. Potatoes make a nice looking row in that Victory Garden and will pay dividends too.

Rutabagas are about gone. Onions scarce. Sweetpotatoes ready to put in their final appearance of the season. Plenty of apples. But all in all the vegetable bins are not as full as they were a few weeks ago.

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Food Distribution Administration



511-513 U. S. Court House
Phone 2-1365

Fort Worth, Texas
March 25, 1943

WARTIME FOOD BULLETIN

Fort Worth --(USDA)--

Paul R. LeGer, Federal Food Reporter for the U. S. Dep't. of Agriculture finds interest in fresh fruit and vegetables has come to life in Fort Worth and all over the country. Supplies in Fort Worth are much smaller than a few weeks ago with some items almost nonexistent. Nothing sits around waiting for a buyer as they use to do. Point rationing is no doubt partly the cause of this although many items are scarce and really hard to get. Prices of some commodities not governed by price ceilings are advancing due to strong demand and scarcity. Prices of most items remain unchanged from those of last week although a few have advanced slightly.

Mr. LeGer says that even though he counted about 30 different fresh fruits and vegetables on the market one day this week he does not find many of them in too large quantities but does find some rather scarce. Although potatoes may be found in every market and store they are certainly not too plentiful and dealers are having some difficulty in securing enough carloads to supply their demands. Carrots, apples, oranges, grapefruit, celery and lettuce seem the more plentiful and carrots still hold their lead in the low price field. Rutabagas and sweetpotatoes are fast drawing to a close for this season. Peppers, eggplant and squash are a little high priced.

Two main factors which are of most importance are price and quality in making purchases of food for the family. It will help you to know what to look for in your stores. It is not my intention in this bulletin to quote prices although we do pass out a word now and then relative to price trends in order to help you understand which foods are costing the storekeeper more and which may be lower priced.

For a "best buy" this week we will have to stick with the carrots although lettuce is a close second. Taking the market in general Mr. LeGer believes the quality of fresh fruits and vegetables is a little above the average for this time of the year.

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United States Department of Agriculture
Food Distribution Administration
511-513 U. S. Court House
Fort Worth, Texas

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